

Hello, my name is Tracey Meyers. I'm a staff clinician at Lawyers Concerned for Lawyers, a licensed clinical psychologist and mindfulness and yoga teacher.

Today's practice includes utilizing the power of your breath for well-being. Today's practice we will be emphasizing how to use the breath to help you relax and feel more at ease. By turning toward the breath and really paying attention to how you're breathing, where you feel the breath most predominantly and then utilizing the natural waves and rhythms of your breath, you can feel a sense of ease, calmness and relaxation. When we utilize mindfulness, we're inviting a sense of friendliness and non judgmental awareness to the present moment.

So we'll do this practice sitting and you can do this also laying down if that's more comfortable for you. So finding a position that feels supportive that you can stay for a while, I like to sit upright, and notice your shoulders. This is often the first place we tend to hold a little bit of tension, which can make it harder to breathe fully and openly.

So relax the shoulders back and down, your hands can rest lightly in your lap, palms down or palms up. It can be helpful to sit a little bit forward from your chair so you're not slumped over, so sitting nice and tall. Sometimes we talk about this as a dignified posture or a posture like a mountain. So we're stable, tall and comfortable.

Allow your eyes to gently close or soften your gaze down to the floor if that feels right for you. Checking in for just a moment to the sensations in your body, see if there's any sensations, emotions or feelings that are coming to your awareness. And just allow whatever is here to be just as it is. Letting yourself be just as you are.

As best you can now, take your awareness into the body and notice the sensations of your breath. If it's helpful, take two or three breaths, maybe just a little bit deeper than normal. And just sense where in your body you feel your breath. Maybe you find a place where it feels really pleasant, like the chest rising and falling or maybe the belly is filling and emptying. Just notice where the breath is most alive in you at this moment.

And letting go of trying to control or manipulate the breath. Just trusting your wisdom of your body to breathe just right. Just observing rather than controlling the breath. So tracking as best you can notice the next cycle of your breath. The inhale. And the exhale.

Simply tracking each inhale and each exhale. Allow yourself to get as close as you can to the felt sensation of the breath. Using your awareness of your breath as your anchor to the present moment. And notice this breath. And this breath.

Notice as the breath develops. And then it comes to fruition. And gently exits. Allowing any tension in the body that's not needed just to be released with each exhale.

With the mind wanders and it will, that's okay, just gently notice and bring it back to this moment. That's a moment of mindfulness when our minds wander, we come back.

And sense again how the chest rises and falls with each inhale in each exhale. Lifting and falling away of the breath. Right here right now. This breath. Allowing yourself the space to be just as you are. Breathing in. Breathing out. Right here in this moment. Each exhale, finding more and more relaxation.

We'll stay for three more breaths, just like this. Breathing in and breathing out.

When you're ready, begin to open your eyes and come back to this present moment. This mindfulness of breathing could be done any time of day. Sometimes it can be helpful as a transition between work and home. Waking up and getting ready for the day.

Three to five minutes. Sometimes it's just the perfect amount of time to allow a little bit of relaxation and stability to come into your mind and body.

Remember, our breath is always available. It's like this built in meditation bell, right breathing in breathing out gives us a signal that we can be relaxed in this moment.

Thank you so much for participating today in this brief breathing practice. My name is Tracey Meyers. You can find me at the LCL website; you can also email me with any questions tracey@lclma.org. Thank you again for joining me. Take care.